

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION

351 North Mountain View Avenue, Third Floor ♦ San Bernardino, CA 92415-0010
(909) 387-9146 ♦ Fax (909) 387-6228

JIM LINDLEY, M.P.A.
Public Health Director

PAULA MEARES-CONRAD
Assistant Director of Public Health

MAXWELL OHIKHUARE, M.D.
Health Officer

CONTACT: Maxwell Ohikhuare, M.D.
Health Officer
(909) 387-6218

August 26, 2009

PR # 09-74

FOR IMMEDIATE RELEASE

San Bernardino County Public Health Officer Announces Seventh Death from H1N1 Flu Virus

SAN BERNARDINO – San Bernardino County Public Health Officer, Maxwell Ohikhuare, M.D., announced the County's sixth and seventh deaths from the 2009 influenza A (H1N1) virus.

"We are saddened by the losses these families suffered", stated Dr. Ohikhuare. "Anyone with a chronic illness should be especially careful to take precautions that will limit the chances of becoming infected with this virus."

San Bernardino County currently has a total of 215 confirmed influenza A (H1N1) virus cases, and 40 hospitalized cases. Most people have experienced mild or moderate illness and have fully recovered. "As fall approaches, and the H1N1 flu virus becomes more widespread, every individual should be talking with family members to help reinforce basic prevention methods," stated Dr. Ohikhuare.

The vaccine to protect against the H1N1 virus is in production, and should be available by mid October. More information will be provided when the vaccine is ready for distribution. It is important for County residents to get vaccinated for the seasonal flu virus, and to take these simple steps to prevent infection:

- Cough and sneeze into a tissue or into your elbow. Dispose of the tissue after use.
- Wash your hands often with soap and water and use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.

People experiencing flu-like symptoms should stay home from work or school, limit contact with others and call their healthcare provider. For more information on seasonal flu vaccination, contact (800) 782-4264.

###

MARK UFFER
County Administrative Officer

Board of Supervisors

BRAD MITZELFELT.....First District	NEIL DERRY.....Third District
PAUL BIANE.....Second District	GARY C. OVITT.....Fourth District
JOSIE GONZALES.....Fifth District	